

First Competition Prep Checklist for New Curlers for Coaches

Before Competition Day

- ☐ Confirm all curlers have access to proper gear (shoes, slider, brush, arrow/crutch).
- ☐ Check curlers' clothing is safe and movement-friendly.
- ☐ Ensure each player knows their team role (Lead / Second / Third / Skip).
- ☐ Review competition schedule, arrival time, and warm-up plan with team.

On-Ice Skills Covered in Practice

- ☐ Players can deliver stones with balance and consistent release.
- ☐ Players can control draw and takeout weight.
- ☐ Curlers can aim accurately at broom placement.
- ☐ Players know proper sweeping technique and when to sweep.
- ☐ Team can sustain performance for a full 4-6 end game.
- ☐ Players can time stones (hog-to-hog) and adjust accordingly.



Game Rules Reviewed

- ☐ Teams alternate throws; each player delivers two stones per end.
- ☐ Stones must be released before the near hog line and cross the far hog line.
- ☐ Free Guard Zone rule explained (no removing guards in first 4 stones).
- ☐ Sweeping rules clarified (teammates vs. opponents).
- ☐ Scoring process covered (only one team scores per end; measure if unclear).

Etiquette & Team Communication

- ☐ Players understand handshake tradition before & after games.
- ☐ Players know to compliment good shots from both teams.
- ☐ Players are aware that brush banging, and foul language are not acceptable
- ☐ Reviewed proper positioning when others are throwing.
- ☐ Team is ready to keep game pace efficient.
- ☐ Communication system (verbal + signals) practiced.
- ☐ Expected socialising after the game

Mental Preparation

- ☐ Discussed "one shot at a time" mindset.
- ☐ Encouraged observation of ice conditions during play.
- ☐ Reinforced staying positive and composed after misses.
- ☐ Emphasised fun, learning, and team spirit over scoreboard results